

Box Hill Athletic Club Winter Bulletin 2009 No. 12
Monday 29 June 2009

UPCOMING EVENTS

Saturday, July 4 Harcourt to Bendigo Relay
Wednesday, July 8 BHAC Annual General Meeting
Saturday, July 18 Bundoora Cross Country
Saturday, August 1 Geelong Cross Country
Saturday, August 1 TRIVIA NIGHT!

COLIBAN RELAYS ON THIS Saturday

The Harcourt to Bendigo (Coliban) Ekiden relay is on this Saturday, July 4. The club has entered 4 men's teams and 2 women's teams. With several runners away this week, we need as many runners as possible to make themselves available so that we can hold our place near the top of the ladder. This is an open event only, but juniors can run in the open teams.

Current placings:

Men Division 1: 1st
Men Division 2: 2nd
Men Division 5: 1st
Men Division 7: 2nd

Women Division 1: 2nd
Women Division 3: 2nd
Women Division 4: 1st

Please let us know ASAP if you have not already confirmed your participation in this event.

Contact a member of the winter competition committee if you have any questions. Winter competition committee: Graeme Olden ph. 9885 0890 email: golden@sprint.net.au
Ian and Megan Sloane ph. 9459 4486 email: iansloane@optusnet.com.au
Chris O'Connor 0410 490 630 email: coconnor@swin.edu.au

OFFICIALS

We also need to supply an official as well as organise transport for this event, so even if you are not able to run let us know if you can help out.

BOX HILL ATHLETIC CLUB ANNUAL GENERAL MEETING

The club's annual general meeting will be held on Wednesday, July 8 at the clubrooms, commencing at 7:30. More details are available on the club website. <http://www.boxhillathleticclub.org/>
Supper will be provided after the meeting which is generally completed within half an hour, so you are most welcome to stay and discuss any issues that you have with the operation of the Club with the current and new committee.

TRIVIA NIGHT, SATURDAY AUGUST 1

The club's biggest social and fundraising event for the year will be held on Saturday, August 1 at the Ashburton Primary School. Organise tables of 6-10 people for a fun night of trivia and some great auction items to raise money for the club. AUCTION ITEMS We need people to donate, or organise the donation of items that can be auctioned on the night. As in the past, there will be an auction of major items and silent auctions of smaller items. Contact Chris O'Connor or Leana Tilley (leana@bambooblinds.com.au)

WORKING BEE

Thanks to all those members who came to the track on Saturday to help with repairs and cleaning around the track. Although we were hoping for a bigger turn out, the work done by those who were there is very much appreciated.

BLAKE IN FORM

Blake Lucas and Joel Pocklington performed well in their pre-departure meet at the Gold Coast, before they head off to the World University Games in Serbia. Blake went close to his PB with a clearance at 5.50m, while Joel cleared 4.95m

VICTORIAN 15K CHAMPIONSHIPS

Lake Wendouree, Ballarat, Saturday 20 June

Ian Sloane's report from last weeks event:

Highlights:

Anthony Aloisio wins Under 18 5 k Road Championship

Michael Dowel 5th in U/18 Race

Steve Kelly runs a brilliant 5th

Men's Division 1 Team wins in a great performance

Women's Division 1 Team 3rd

Ballarat is noted for severe winter conditions and runners travelling there on Saturday 20 June were left in no doubt that this is a cold place, with the wind whistling across the grassy and dry Lake Wendouree dropping the effective temperature to about 2°C after taking into account the wind chill factor. The course consisted of an out and back loop of three kilometres with two laps of the lake completing the rest of the distance, on very flat terrain. Steve Moneghetti, Ballarat YCW, led the Ballarat YCW team. Other leading clubs, Geelong, Glenhuntly, Knox and Doncaster were all represented, but were not at their strongest. Box Hill was missing Daniel Clark, John Meagher, Barry Lynch and others. However, we had enough of our regular Division 1 runners there, plus Stewart Watson and Adrian Vincent who are on the improve again, to be confident that we would be competitive.

There was a large field. The race commenced just after 2.00 p.m., with the men's and women's race combined making around 515 starters on the line and a large group of more than 20 runners immediately forged their way to the front. Three Box Hill runners were in this pack, in very prominent positions, Steve Kelly, Matt Coloe and Andrew White were near the lead at this stage. Duer Yoa, Ben Ashkettle, Ben Toomey, Nathan Hartigan, Steve Moneghetti, Paul Fenn and Toby Rayner were also in the leading pack. Chris Hamer, not fully recovered from illness, started very conservatively. Adrian Vincent was doing well after the first three k. loop and Stewart Watson, who also started out conservatively was looked to be well-placed as well. Luke Yeatman was near David Jimenez, with Bert Pelgrim and Steve Griffin there as well. Chris O'Connor was slightly further back, ahead of Antony Van Eeten further behind him. In the women's race, Tara Palm (Invitation) had cleared out by a large margin from the other female competitors. Our leading female athlete was Rachel Johnson who was clearly in the top ten. Julie Norney, June Petrie and Kate Ackland passed the first short loop in that order, with Margie Conley and Megan Sloane a little further back.

The field was spread out when the leaders came through at the 9 K mark, with Steve Moneghetti having surged at the 7 k mark, which broke up the leading pack. Only Ben Ashkettle (Don. But running by invitation) and Duer Yoa (Eur) had been able to respond to this surge and all other athletes had fallen off the pace. Three Box Hill athletes were highly placed with Andrew White and Steve Kelly running together in equal eighth position. Matt Coloe held 12th position 37 seconds behind them and Chris Hamer was benefiting from his conservative start and was running through the field improving his position. Our remaining Division 1 team members were Adrian Vincent, who was just under a minute behind Chris Hamer, followed another 14 seconds later by Stuart Watson. These two athletes were in around 40th position. Luke Yeatman ran through shortly after 53 seconds after Stewart Watson. Followed by David Jimenez, Steve Griffin and Bert Pelgrim all quite close to each other. Chris Bradford was next with Chris O'Connor very near as well.

Rachel Johnson then strode into sight running strongly. Our next female competitor was Julie Norney, a little over two and a half minutes behind Rachel. June Petrie, 18 seconds down on Julie, and our fourth Women's Division 1 team member was Kate Ackland a little over two minutes behind June. Megan Sloane and Margie Conley crossed the line a little later, to commence their third lap. Ben Ashkettle eventually clawed his way clear of Steve Moneghetti in the concluding stages and Duer Yoa hung on gamely for third place, just clear of Nathan Hartigan who is approaching his best form. Steve Kelly put in a remarkable third lap and finished fifth, an exceptionally fine effort. His finishing burst

propelled him past Ben Toomey Knox, and Andrew White, our second placed athlete, in seventh position. Matt Coloe held it together well in the last lap to place 13th, another fine effort, whilst Chris Hamer picked up a number of places in the concluding stages of the race to place 18th. Stuart Watson and Adrian Vincent traded places in the final lap finishing 39th and 40th respectively. We had five other athletes in the top 100 as a scan of the results will show. The Men's Division 1 team performed extremely well to outclass all other Division 1 teams. Our Division 3 team placed third, and our Division 5 team placed third as well. Our Division 1 Women's team performed competitively with a third placing, with three of our best runners not competing.

Rachel Johnson has been running really well this year and this performance was probably her best ever. She looked in good form, running with an even cadence and is now one of the leading women's performers. Her placing of seventh (sixth in the results, given the winner ran by invitation) is probably her most impressive winter race performance. Julie Norney and June Petrie also ran impressively and Kate Ackland's effort ensured that Box Hill placed third in the women's Division 1 race. Even better was Anthony Aloisio's win in the Under 18 race. Anthony ran a sensational leg in the Cross Country Relays and went even better in the 5 k road race. This augurs extremely well for the future, and was backed up by Michael Dowel who finished fifth in the same race. It was a pity that we didn't have a team in this race because they would have been very competitive with two such fine results. Eloise O'Brien, seventh, and Amy Carrig, eighth, both competed in the women's Under 18 race and performed creditably. Box Hill retains the lead in the Men's Winter Division 1 Championship.

Open Men's Results

1. Ben Ashkettle	Inv. (Don.)	46:20
2. Steve Moneghetti	Ball. YCW	46:32
3. Duer Yoa	Eureka	46:41
4. Nathan Hartigan	Ball. Harriers	46:44
5. Steve Kelly	Box Hill	47:08
6. Ben Toomey Knox		47:11
7. Andrew White	Box Hill	47:15
8. Paul Fenn	BYCW	47:29
9. Toby Rayner	GH	47:44
10. Sean Stevens	K St B	48:06
13. Matt Coloe	Box Hill	48:32
18. Chris Hamer	Box Hill	49:11
39. Stuart Watson	Box Hill	50:43
40. Adrian Vincent	Box Hill	50:59
65. Luke Yeatman	Box Hill	52:29
84. Steve Griffin	Box Hill	53:40
97. David Jimenez	Box Hill	54:14
98. Chris O'Connor	Box Hill	54:17
101. Chris Bradford	Box Hill	54:26
120. Bert Pelgrim	Box Hill	55:15
154. Stewart Downs	Box Hill	56:52
235. Bill Dyer	Box Hill	61:22
255. Antony Van Eeten	Box Hill	62:25
259. Chaai Kathirasan	Box Hill	62:44
321. David Stevens	Box Hill	68:06
357. Andrew Tunne	Box Hill	73:20

Under 18 Men 5 K. Road

1. Anthony Aloisio	Box Hill	16:15
5. Michael Dowel	Box Hill	16:37

Team Results

Division 1

1.	Box Hill	124
2.	Geelong	164
3.	Ballarat YCW	247
4.	Glenhuntly	272

5. Collingwood 303

Division 2

1. Eureka 245
2. Keilor St Bernards 557
3. Box Hill 565

Division 5

1. Eureka 668
2. South Coast 865
3. Box Hill 903

Open Women's Results

1. Tara Palm Inv 51:42
2. Kathryn Ewels Trar 55:00
3. Kristy McCarthy Knox 55:17
4. Tarli Bird GH 55:21
5. Michelle Bleakley APS 55:33
6. Kate Seibold Crosbie Knox 55:50
7. Rachel Johnson Box Hill 55:55
23. Julie Norney Box Hill 60:17
31. June Petrie Box Hill 61:59
47. Kate Ackland Box Hill 65:26
57. Megan Sloane Box Hill 66:26
71. Margie Conley Box Hill 68:07

Women's Team Results

Division 1

1. Knox38
2. Melbourne Uni 82
3. Box Hill 109

Women Under 18

7. Eloise O'Brien 19:34
8. Amy Carrig 19:46

Age Categories

40 – 44 F

4. Julie Norney

45-49 F

2. June Petrie (Winner was by invitation, so June won the title)

50+ F

1. Megan Sloane

45-50 M

3. Chris O'Connor

23. Bill Dyer

44. Dave Stevens

50-54 M

4. Bert Pelgrim

28. Andrew Tunne